

**Co-curricular  
Handbook for  
Students, Parents,  
and Staff  
2011-2012**

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## **SOUTHWEST'S MISSION STATEMENT:**

The mission of Southwest Minnesota Christian High is the following: Challenging our students to grow in knowing, loving, and serving God and others. See II Peter 3:18

## **SOUTHWEST'S STATEMENT OF PURPOSE:**

Southwest MN Christian High School's Purpose, as an extension of the Christian home, challenges students to...

- Realize God's claim on their life and respond to it.
- Glorify God.
- Redeem and experience God's creation (Stewardship).
- Pursue excellence in liberal arts education: the whole spectrum of our worldview.
- Appreciate the centrality, sufficiency, and supremacy of Jesus Christ through their education.
- Discover, develop, and demonstrate their gifts.

## **PHILOSOPHY OF CO-CURRICULAR ACTIVITIES:**

*"For those God foreknew he also Predestined to be conformed to the likeness of his son, that he might be the firstborn among many brothers."* Romans 8:29

The goal of the Christian life is to honor and glorify God in every aspect of life.

The closest that the Christian can come to achieving this goal is to emulate the life of Christ. Thus, the goal of the Christian life is to conform to the image of Christ in every aspect of life. Since co-curricula are part of the life and since life is not a series of individual parts but is a unified whole, this goal must be the goal of the Christian in co-curricula. Thus, the objective for the Christian in co-curricula is to conform to the image of Christ. This applies to the coach/sponsor as an individual, to the individual participants, to the team/group as a unit, and to all others involved with the program.

Southwest's mission is to "Challenge our student to grow in knowing, loving, and serving God and others." Thus, to conform to the image of Christ means that every area of life must be controlled by the will of God; the intellect, the emotions, the spiritual, and the physical must be controlled by the will of God. We must conform to the image of Christ, so that the individual continues to grow, in every area of life as Christ grew in every area of life, in and through God's will and love.

This goal requires total allegiance: no other objective may ever be placed higher than this one by the team or by any individual. Thus, all other goals for the team are automatically secondary to the one goal of conforming to the image of Christ. All goals must be evaluated in terms of that all-encompassing goal.

The following are implications for this philosophy:

- Cooperation with each other for the goal of being Christ-like and helping the team/group accomplish the same goal must be emphasized as more important than competing with others. The New Testament mandate of love must be emphasized. Competition with individuals on the team itself or with teams should not be most important.

- Winning games at any level or participation in events cannot be set as the all-encompassing goal. At all times, the primary goal must be to conform to the image of Christ. When vision of this goal is blocked by other goals, then our priorities are misplaced. Principles of humility and Christian love should be shown.
- Christian coaches and sponsors must be trying to conform to the image of Christ and attempting to lead their student participants in that same goal. They must honestly pursue that goal in philosophy, thought, and actions. They must do this in the following scriptural ways:
  - Personal peace, contentment, and honesty must be exhibited when disciplining and/ or correcting. Individuals or the team as a whole may never be ridiculed and should never be torn down in public or private. The Bible teaches the continual building up of the community of believers and strongly warns those who would tear down.
  - In the pursuit of secondary goals, individual needs must constantly be evaluated. This implies that there are times when the individual need is greater and more important than a particular secondary team goal.
  - Since all gifts are from above, no player or team may be allowed to exhibit an attitude of superiority or arrogance. Everyone (coach, players, and spectators alike) must be lead to see that our sense of worth is in Christ not in being a “star” (Acts 17:28). No individual is better than any others.
- Life is multidimensional; each dimension plays an important part in the development of the Christian. Thus, in order for the student and coach/sponsor to conform to the image of Christ, co-curricula must be seen as an important part of life, but only a part. In the Christian a school, it is important that activities remain part-time. The program must not become so all-encompassing that participants can no longer fulfill academic, spiritual, family, or other dimensions of his or her life.
- Christians must always show respect and Christian love for other teams or groups, their fellow team members, their coaches, and for officials. Disrespect of authority and fellow man hurts the growth of Christ’s kingdom.
- One must submit to the rules of the game and the officials who enforce the rules, as God has directed Christians to submit to authority.
- God created our bodies and we are responsible to take care of them since, as Christians, our bodies belong to Jesus and are temples of the Holy Spirit.
- Christian student participants and coaches/sponsors must strive to obtain principles of endurance, perseverance and self-control. These principles must be carried over to all of life so that we can strive to reach our goal of honoring and glorifying our God in every aspect of life. (1 Cor. 9:24-25, Heb. 12:1, Phil. 3:14)

### **CO-CURRICULA IN A CHRISTIAN SCHOOL**

Any co-curricular program that adheres to a biblical philosophy, should achieve the following positive results. These are some of the reasons why activities are an important part of the Christian school:

1. Activities offer unique opportunities to foster spiritual, social, and emotional growth through the close interaction between players/participants and between players/participants and coaches/sponsors. The student should leave any activity better equipped to cope with emotional, social, and spiritual problems and with a healthier self-concept and a better understanding of relationships with others.
2. Students in activities should learn to be self-motivated because of the opportunity to push themselves and to be pushed by others.
3. Activities reinforce positive values of cooperation, dedication, respect, diligence, perseverance, and self-control.

## **GUIDELINES FOR THE CHRISTIAN PARTICIPANT, COACH, SPONSOR, OR FAN OF CURRICULAR ACTIVITIES:**

### **PLAY:**

Athletic play should be a celebration. It should show the joyous nature of a Christian secure in God. If you do not find athletic competition enjoyable, you and your coach should examine the problem. Athletics should be enjoyable and at the same time intense. Dedication and concentration are required of you! The joy often comes from a feeling of having trained well, handled the tension, and put forth the best effort. Experience it with thankfulness to your Creator rather than glorification of self. Knowing that your Maker and Provider is with you for time and eternity is cause for real celebration!

### **COMPETITION:**

1. Competition in itself is neither right nor wrong, but the way it is used can be right or wrong. Christian competition can be used to evidence cooperation and love.
2. Competition can easily become a dog-eat-dog duel. But a contest in which each player or team is totally involved in play and feels the excitement of competing fairly will not have bitterness or hate. There can be a winner and a loser on the scoreboard, but both sets of players/teams will experience the joy of sportive play.
3. The quest for victory on the scoreboard is part of every athletic contest. You don't play to lose! Yet the winning of a game or the receiving of a trophy are short-term rewards. Christians know that storing up earthly treasure is not satisfying for long.
4. Athletic competition can be expressive fun. It challenges players' efforts and involvement. It involves "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control" (Gal. 5:22-23). This view best puts athletics in their proper place as a part of life to use correctly.
5. A Christian is fair and honest out of obedience to God, not out of fear of being caught. Christ extended accountability for behavior to ideas and attitudes behind the behavior, demanding integrity and wholeness of character. "Be strong in the grace that is in Christ Jesus...if anyone competes as an athlete, he does not receive the victor's crown unless he competes according to the rules...Reflect on what I am saying, for the Lord will give you insight into all this"(2Tim.2:1, 5, 7).

### **EXCELLENCE:**

While you are involved in athletics, you should pursue excellence! But athletics should not become your whole life. You are first of all a Christian, then a responsible member of a society and family, then a student-athlete.

### **OFFICIALS:**

Officials must be regarded as judges trained to do the best job they can. They are human and make mistakes. When conflict arises, coaches and captains, not all players, may reasonably question the judgment. Angry loss of self-control and lack of respect has no place. Be willing to accept and abide by official decisions.

### **WINNING AND LOSING:**

1. Winning is rewarding. It can make you feel happy, pleased with accomplishments and respectable. But, conceit and self-praise are not for a Christian. You are worthy because God created you, saved you from yourself, and provided both talents and the opportunities to use them. Give God the glory, for only in Him do you truly succeed.
2. Losing can be painful. It can make you feel unhappy, disappointed, and frustrated. But feeling bitter towards your opponent or yourself is not a Christian attitude. Accept losing as an experience to build on and pray that you may learn from it.

### **TEAM:**

1. It is a joy to play on an interscholastic athletic team. God gave play as well as work. However, realize that there is responsibility in your playing. You must decide how athletics fit in your total Christian education

experience. You also have the responsibility to obey God's commands and that involves many other decisions. Celebrate in play! Serve through play! It's all in response to God.

2. You have a responsibility to help build your team into a model Christian community. You can love, respect, and cooperate with teammates even while competing for starting and leadership roles. A true test of the Christian team player is the giving of self so others may excel. Spectators can learn from your actions as well.
3. Your fitness directly influences your ability to perform. Fitness maintenance throughout life is a God-given responsibility. A Christian athlete should model the responsibility to honor God through the care of the body.

### **TALENTS AND GIFTS:**

1. God has given people different talents. Do your best with the talents God has given you. Use them to build Christian community. (Rom. 12, 1 Cor. 12).
2. Christians can exercise self-control because we are in God's control. Your task is expressive play and responsible action. "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity" (1 Tim. 4:12).
3. Giving your Maker and Provider honor for honor you receive increases your self-respect instead of your self-pride. Then you can also freely give honor to others who succeed in any way.

### **SCHOOL BOARD RESOLUTION:**

Recognizing that participation in interscholastic activities is a privilege and that all our students are called to become more Christ-like, to a life of service, integrity, and love and respect, Southwest MN Christian High School requires that the conduct of student participants be exemplary at all times. Our students must conduct themselves as stated in the school's code of conduct as outlined in student handbook. Students who violate this policy are subject to discipline as stated in the handbook.

### **DEALING WITH CONFLICT**

#### **PROCEDURE FOR HANDLING CO-CURRICULAR CONFLICT**

In order to allow an expression of differences that can occur in activities, a procedure has been developed for establishing a line of communication between school, parent/guardian, students, and coaches.

1. No conflict between a parent, student, official or coach should be addressed during or immediately following a game. The game site, the practice field, lobby or locker rooms are not places to meet or deal with conflicts. The coaches are also not allowed to deal with these conflicts at home. Most conflicts are better resolved after an appropriate cooling down period. Coaches are not to meet with more than one student (parents) at a time.
2. If you are upset, please call or arrange a meeting the following workday.
3. The following steps should be taken in order for conflict to be resolved:

#### **Step 1**

1. A meeting between the student, the coach and/or the parent should be called. This meeting can be initiated by the student, the parent or the coach, but does not have to involve all three parties. (It is permitted for any person to invite a 3<sup>rd</sup> party to attend.)

#### **Step 2**

1. If any of the three parties (coach, athlete or parents) still feel that the conflict is not resolved, a meeting between the parent, the coach, the athletic director (the mediator), and the principal may be called by any party. The athlete need not be present.
2. Notes of the meeting will be kept by the activities director. If the A.D. is the coach involved, the principal will act as the mediator and a school board representative will be asked to attend as a third party.

#### **Step 3**

1. The A.D. will send out a list of findings and recommendations to those involved no later than one week after the meeting. A copy of all communications will be given to the principal to be kept in the school records. If the conflict still isn't resolved, any party may ask for a board committee to hear the problem, which will cause a fourth and final step.

## **Group Conflict**

No parent group shall meet at SWCH or elsewhere to discuss team problems without representatives from SWCH, which will include the coach, the activities director, and any other administrative personnel deemed necessary. At group meetings, individuals must speak for and represent themselves, not other individuals or groups.

## **RESPONSIBILITIES AND GUIDELINES:**

### **Responsibilities of Participants:**

1. Put the team's goals, welfare, and success before your own. Don't point fingers at teammates and coaches as the reasons for losing.
2. Players must accept all responsibilities in order to stay on the team. Their emphasis must be on the "TEAM" rather than "SELF."
3. Remember that a team must work together and learn to play with each other. When this happens, each member will find satisfaction not only in their individual effort but more importantly in what the team can accomplish. We are all celebrating our talents, and when we compliment each other, the participation can be fun for everyone.
4. Prepare for the season physically by working on fundamentals, weight training, fitness during the off-season.
5. Attend all practice sessions. Take pride in your work ethic. This includes academic eligibility, attendance in classes and citizenship in the context of your total life. You are student athletes.
6. Be receptive to the coach and respect his/her decisions.
7. Realize that no one is promised equal or guaranteed time. Roles must be accepted.
8. Realize that sense of worth should not be measured in terms of playing time or points scored.
9. Be responsible for all uniforms and equipment.
10. Take responsibility for your actions. Represent the school well. Follow the team rules. Athletes are role models.
11. Life is multidimensional. Athletes are encouraged to be involved in other activities of the school. There is much more to life than participating in a certain sport.
12. Report all injuries to the trainer or coach.
13. You must abide by state and school regulations.
14. You must have a physical, and all other eligibility forms on file.
15. Most of all, play hard and have fun. You should enjoy the sport, the work, the contact with teammates and opponents, etc. There is much more to sports than winning.

### **Responsibilities of Coaches:**

1. A Christian is fair and honest out of obedience to God. Integrity and wholeness of character promote healthy relationships.
2. Remember, coaches are role models. Positive, yet realistic, support is encouraged.
3. Enjoy the games and keep things in perspective. It's athletics, not life or death.
4. Select the squad.
5. Determine the style and philosophy of play. Our coaches make every effort to be well informed and have expertise in the sport they are coaching.
6. Teach at practice sessions. Make sure the athletes learn. The learning process never ends and that process extends beyond the court or field. We believe that athletics is an excellent vehicle in training for life. Athletics offers unique opportunities to foster spiritual and emotional growth.
7. Train and motivate without putdowns, yelling, or abusive language.
8. Help each participant play his or best.
9. Belittling or swearing will not be tolerated.
10. Officials are necessary to the game. Treat them with respect.
11. Determine who starts at playing time.
12. Establish team rules.
13. Select team captains.
14. Establish the requirements to earn a letter.

15. Always make safety and the athletes' welfare come first. Our coaches are trained to care for athletic injuries and trained in the prevention of injuries.
16. Call in the results of the home games--win or lose. Be factual but be careful in reporting.
17. Display modesty in victory and graciousness in defeat.
18. If a teacher/coach takes a college or graduate course, attends seminars, workshops, or clinics in connection with an assignment, the board will compensate the teacher for 3/4 of the cost of registration, lodging and materials. Mileage will be paid in full. Teachers/coaches must submit to the Board a written request to attend any such meeting at least one month in advance for approval. The maximum allowance is \$400 per school year and no more than \$200 payable for workshops involving co-curricular assignments.

#### Responsibilities of Parents:

1. Be positive and supportive without adding undue pressure and unrealistic expectations. Do not try to live through your child.
2. Encourage your son/daughter to work hard and enjoy the activity.
3. Allow the coach to instruct and guide team. Respect his/her decisions.
4. Remember the coach watches every practice & every game. Much of what a coach decides for games is determined in the practice setting.
5. Do not criticize the coach/advisor to your son or daughter. Remember that the athlete has to return to practice the next day and this will affect the relationship.
6. Do not coach at home as this may impede the athlete's progress. There is enough pressure on our athletes without parents re-playing the games.
7. Do not question or confront the coach immediately after a contest.
8. If you want to discuss a problem with the coach, make an appointment with him/her and discuss your concern in a calm, courteous and logical manner. See the attached, "Dealing with Conflict" for proper procedure.
9. There is no place for "coach roasting" in a group setting. Such activity will be dealt with as stated in the "Dealing with Conflict" policy.
10. Parents have to demonstrate good sportsmanship and serve as role models.
11. Show respect to the opponent. True sportsmen, whether players or spectators, appreciate and applaud exceptional performance.
12. Fans should throw their garbage (bottles, cups, bags, etc.) in the waste receptacles.
13. Cheer for our team, not just your child, and not against our opponents.
14. Specific obligations:
  1. No vulgar or inappropriate language.
  2. Taunting and trash-talking will not be tolerated.
  3. Outsiders must never intrude upon the field or court during a contest.
  4. Cheerleading should be for our team, not against the opponents.
  5. Never interfere with the opponents' cheerleaders.
  6. Never yell, clap, or wave anything whenever an opponent takes a foul shot or a volleyball player attempts to serve, etc.

#### Responsibilities of Fans:

1. Fans must demonstrate good sportsmanship and serve as role models for others around them.
2. Fans should show respect for our opponents. True sportsmen appreciate and applaud exceptional performance.
3. Be courteous in speech and action at all times.
4. Fans should never harass or taunt officials.
5. Keep things in perspective. It's athletics, a release from normal work routine. It's not life or death.
6. Cheerleaders help direct school spirit and enthusiasm and fans are asked to follow their lead. Respect the cheerleader for their role and take part in cheers.
7. Cheer for our team, not against our opponents.
8. Fans should throw their garbage (bottles, cups, bags, etc.) in the waste receptacles.
9. Specific obligations:

- a. No vulgar or inappropriate language.
- b. No booing or inappropriate chanting.
- c. Taunting and trash-talking will not be tolerated.
- d. Outsiders must never intrude upon the field or court during a contest.
- e. Never interfere with the opponents' cheerleaders.
- f. Never yell, clap, or wave anything whenever an opponent takes a foul shot or a volleyball player attempts to serve, etc.

### **General Fan Conduct/Behavior Expectations for Regular and Post-Season Tournament Competitions:**

1. Respect the American flag and the National Anthem. Stand, face the flag, and place your hand over your heart.
2. Spectators must wear appropriate clothing. Those who do not comply or who wear clothing that is vulgar, obscene or in some other way inappropriate, as determined by school/tournament personnel, will be removed from the arena/stadium if they do not cooperate with this behavior expectation.
3. The use of appropriate language is expected at all times. Profanity, negative chants, booing, trash talk, name calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school and/or tournament administrators.
4. Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere with the contest in any way.
5. Hand held signs, which do not obstruct the view of others, will be permitted provided they are in good taste. Signs, message boards, "white" boards or other similar items contest/tournament officials deem to be in poor taste will be removed.
6. Artificial noisemakers (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed.
7. Laser lights are strictly prohibited.

### **SPECIFIC CO-CURRICULAR ACTIVITY POLICIES:**

#### **THERE IS NO OFF-SEASON**

As a school, we are very concerned with the welfare of our students and we want to take this opportunity to remind everyone that we all have a responsibility to help keep our teens eligible to participate in co-curricular activities. It should be reinforced that MSHSL and school regulations include all co-curricular activities. Students involved in music, drama, speech, and athletics all are under the same jurisdiction.

Our students know that they have made a commitment to be chemical free while a student at SWC. We encourage our students to keep that commitment and to encourage their peers to do the same. This is a four-year commitment from the beginning of their freshmen year until they graduate.

Parents also have a responsibility to help keep your teen and his or her schoolmates safe and chemical free. A Minnesota Student Survey reports that teens say their primary sources of alcohol are family members (parents and older siblings), parties (where adults are potentially supplying the alcohol), and having someone else buy it for them. Remember that teen chemical use is NOT a rite of passage into adulthood or a time where "everyone sows a few wild oats." In fact, alcohol has kept far too many teens from becoming adults, through premature deaths. Parents should make sure that alcohol is not available at the events they host and not available at the other events they attend. They play an important role in preventing underage chemical use. In research studies, teens say that what their parents think is their number one reason for refusing to drink alcohol. Parents should talk to their teens and share this information and encourage them in their commitment.

And last of all, the entire school society and community in general, please help our youth by making them accountable. You see our youth all the time. Turning your head so you don't see them break commitments do not help our youth become mature Christian young people with characteristics of integrity, honesty, and commitment.

Let's all take responsibility to help our students during the high school years when youth are tempted to take the road that often leads to poor choices and inappropriate behavior.

### **ELIGIBILITY - PARTICIPATION IN CO-CURRICULAR ACTIVITIES.**

Any student at Southwest may participate in activities that are offered.

Academic requirements - students must be making satisfactory progress toward graduation. Students failing a class or having two or more D's (D+, D, D-) will be placed on a two-week probation. If the student is failing any class or has three D's after the two weeks of probation, the student will not be able to participate in co-curricular activities they are a part of or any other activities that occur at the same time until the minimum standard is achieved for one week. If a student has two D's in any classes they stay on probation as long as that is the case. If they increase from two to three D's, they become ineligible. All students will be attending work 9th hours if their work is incomplete. Probation is always two weeks long or longer and this is followed by a period of ineligibility. A week is considered from Monday -Sunday.

A student who is on probation or is ineligible can and should seek help from their teachers as well as the resource room teacher. On a case-by-case basis, students who actively seek help and are productive may be allowed to be eligible. The principal, vice-principal, and the resource room teacher will meet to determine this status.

### **SCHOOL ATTENDANCE and CO-CURRICULAR PARTICIPATION:**

Students must be in school for the entire school day in order to participate in any practice, game, concert, or performance. Some excused and pre-arranged absences are permitted, although illness is not.

### **ALL ABSENCES MUST BE APPROVED BY PARENTS, WHICH INCLUDES A NOTE OR PHONE CALL TO SCHOOL.**

The final jurisdiction in determining the validity of an absence rests with the principal. Therefore, it is very important that parents contact the school in case of an exceptional reason.

### **CURFEW:**

The proper amount of sleep is important to maintain good mental and physical condition. Top mental and physical condition can only be achieved if a person sleeps well. Therefore, the coaches may expect you to follow the team guidelines.

Participants should go home following contests, whether away or at home, if it is a school day the next day.

### **TRAVEL POLICY**

All students must travel to and from all events in school provided transportation unless prior arrangements have been made with the advisor/coach. Students are expected to ride school provided transportation to all events. Exceptions are allowed if students ride with their parents to the event or if extra mileage is required because of the locations event. (Ex. If event is in Luverne, Worthington and Hills students would be allowed to go directly to Luverne.)

Arrangements must be made with the advisor/coach when:

1. One wants to meet the bus or get off the bus on its designated route
2. One wants to drive directly to and from an event.
3. The parent wants to release their son/daughter from riding the bus back following an event.

All alternate travel arrangements must be made between the parent(s) and advisor/coach either by form (note), phone, or in person, preferable prior to the departure to the event. If the parent is at the event and would like to take their daughter/son along home with them each advisor/coach will have a release form that they should sign. At no time will a student be released without proper authority. Students will be only released to parents, family

members, or other neighboring parents after proper permission is granted. Students may be released from riding the bus to go with a friend **only** when there is not school the next day. This release to go with friends must be done in person or by phone between to parents and advisor/coach. Notes will not be accepted in this situation. Everyone must understand that when approval is granted, SWCH and their advisors/coaches will then be released from all responsibility and liability pertaining to the travel of the released student(s).

### **INFRACTIONS OR VIOLATIONS**

1. All violations are reported to the activities director.
2. The activities director will meet with the student in violation.
3. A letter will be sent home to the parents informing them of the violation and the penalty each time an infraction takes place.
4. The first violation is one hour of service given to the department that the violation occurred in.  
Example: A soccer player who violates will owe time to the athletic department.
5. Second violation is a one game suspension.
6. Subsequent violations increase the suspension one more for each infraction.

### **SWCH BUS POLICY**

1. Always arrive for the bus 5 min. before the departure time so that the bus can leave at the time it is scheduled to.
2. We do allow eating on the bus as long as the floor is kept clean and proper receptacles for garbage are used. Under no circumstances are sunflower seeds or peanut shells allowed on the bus.
3. At no time is anyone allowed to have their hands, arms, or (any party of their body) out of the window. That is a requirement of the law.
4. There is absolutely no need for yelling out of open windows.
5. It is also required that bus noise is quiet as we travel through towns and heavy traffic.
6. Absolutely no one is allowed to be standing up on the bus or sitting on the back of the seats while we are traveling.
7. The emergency door is to be used only with permission.
8. When we arrive near the site where we are to be playing, no yelling or other noises.

### **INCLEMENT WEATHER:**

If school is called off early because of inclement weather, the freshmen and junior varsity squads will not practice. The decision whether the varsity squad will practice will be made by the head coach after conferring with the assistant coach, the athletic director, and/or the principal. The head coach may ask a junior varsity player to stay and practice if the player lives in the city limits or is a brother or sister of a varsity player. If there is practice, the boy's and girl's varsity squads will generally practice at the same time when school is dismissed early. All requests by parents to send their son or daughter home will be honored. If school is cancelled, most games will be postponed or possibly cancelled.

### **DUAL INVOLVEMENT POLICY:**

One of Southwest MN Christian High School's purposes is to challenge students to discover, develop, and demonstrate their gifts. With that in mind, our students are encouraged to participate in activities. Often that pursuit leads to conflicts with practices and/ or events when one is involved in more than one activity during a season or part of a season. When dual involvement takes place, every attempt will be made to lessen these conflicts but conflicts still exist. Sometimes the conflicts are so great that one cannot or should not be in two activities at the same time. However, at other times being in two activities doesn't cause serious enough problems to warrant being in only one activity. The decision to be involved in more than one activity during a season should be made by the student after discussing it with their parents and/or their teacher/coach/advisor. This commitment should not or cannot be taken lightly as each student is first of all a student and then a co-curricular participant. When dual involvement does take place, teachers, coaches, and advisors will work with each student with conflicts to determine what is best for each student.

## **FRESHMEN PARTICIPATING ON A VARSITY TEAM**

Freshmen may participate in athletics on the freshmen, JV, or varsity level. However, if a freshmen is going to compete and practice at a varsity level (in a sport where a freshmen or JV level is available), this may take place after the administration, parents of the athlete, and the head coach discuss what is best for the student athlete, the team, and the school, and possibly after a portion of the season has taken place.

## **TOURNAMENT PARTICIPATION POLICY:**

### **Transportation/Mileage:**

All tournament travel will be arranged by the Activities Director and paid for the school (department affected) after consultation with the coach/advisor and the Principal. For example, Cross Country will be paid by the Athletic Department and Speech/Pep Band will be paid by the Speech/Fine Arts Fund.

### **Pep Band**

The Pep Band will play for sub-section championship games, section championship games, and for all State Championship series tournament games. Play during State Consolation rounds games will be determined by the administration.

### **Overnight stay/lodging**

All lodging will be arranged by the Activities Director after consultation with the coach/advisor and the principal. School personnel (which includes coaches, supervisors, etc.) rooms will be paid by the school (department affected). Participating students will not be charged for their rooms.

### **Donations:**

Southwest will likely ask for donations from families of students involved in tournament participation.

## **TEAM-INDIVIDUAL PURCHASES**

Coaches are asked to oversee purchases made by teams. It must be remembered that though most players and their families may approve and be able to afford these types of purchases, there may be some that can't afford, and/or approve of these extras. Plans to purchase items must be approved by the **activities director** before items are purchased. Every effort should be made to control these purchases. A maximum of \$15.00 may be spent on individual purchases by team members for t-shirts or some other clothing in one school year. Teams are encouraged to not purchase items every year. If **infractions** take place, the following procedure will take place:

1. The coach or advisor will notify the activities director of the violation.
2. If the item can be returned, it will be returned.
3. If the item is non-returnable, the students will pay for the item and the amount over the \$15 will be applied to purchases for the following year or years.
4. The team will be penalized one additional year for the violation. (Ex. Team buys a \$25 shirt year 1. Year 2 will absorb the additional cost. Year 3 is a penalty year. The team will not purchase again until year 4.)

## **TEAM-PARENT NIGHT**

Coaches may have a parent night with their team and parents. Contact with the parents is important. This can be used as a teaching tool or as a social time. The coaches are asked to arrange this through the activities director to avoid conflicts or other problems. The athletic department may provide for one Team-Parent Night in each sport. The lunch may include a beverage (hot and cold) and snacks, not a meal. The coach is to make arrangements for the lunch and the expenses will be the school's.

## **SENIOR-PARENT APPRECIATION NIGHT**

Senior-Parent Appreciation nights may be scheduled in each activity. Seniors and parents will be recognized. All senior participants may present their parents with a flower. This night should be planned well in advance with the

activities director. In consultation with the coaches, the activities director will order flowers to be given to the senior parents and the coaches' spouses. The athletic department will pay for the flowers.

### **SEASON ENDING SUMMARY TEAM PARTIES**

Season ending summary team parties may be held at the discretion of each coach. Again, it must be remembered that the individual costs of these social events should be kept to a minimum (\$5.00 to \$8.00). Plans for these events must be approved with the activities director so conflicts and other problems may be avoided. Every attempt should be made to do these locally, so that time and expense can be kept to a minimum. The party will be the sole responsibility of the coach once the event has been approved. Letters, medals, conference or other press awards, and/or certificates can be presented at this time. No other awards or gifts may be given to participants. Every attempt should be made to have this within a week of the end of the season.

### **EAGLE AWARD**

This award will be awarded to each student who participates in three consecutive seasons for four years at SWC. A student may not count being in soccer and cross-country as two seasons as their participation. A student may count cheerleading as an activity in the winter season so a volleyball participant, cheerleader, and trackster involved in all four years will be awarded the Eagle award. Managers and statisticians are eligible for the Eagle Award as managing and taking statistics counts as a season of participation.

### **WARM-UP MUSIC:**

All pre-game warm-up music needs to be approved by the head coach of the team, using discernment in song selection, remembering that the music is for fans, our visiting team, and Southwest's team. An FCA CD is available by request.

**STUDENT COMMITMENT FORM (FAMILY COPY)**

I, \_\_\_\_\_, understand as a student of Southwest MN Christian High school, that I must adhere to all of the MSHSL and SWCH rules.

- I will give full allegiance to my team. I will put my team's welfare before my own desires. I will encourage and support my teammates and my coaches.
- I realize that a primary goal of participation is enjoyment and character development, and this can only be accomplished by engaging a disciplined lifestyle. I will strive to live a lifestyle which is God glorifying.
- I will attend classes regularly and work diligently in my studies.
- I will refrain from the use of mood-altering chemicals as well as stay away from establishments where mood-altering chemicals are sold and used.
- If I fall short of this promise and am in violation of these rules, I will report the violation to my team captain(s) who will then work with me or get help for me. I understand that the team captain(s) will report the violation to my coach and that I may receive a suspension depending on the violation.
- I will do whatever I can to ensure that athletics will be a positive and memorable experience for everyone involved.

**Check any that apply to you:**

\_\_\_\_\_ I have violated MSHSL + SWCH athletic rules since becoming a student at SWCH.

\_\_\_\_\_ I have not violated MSHSL + SWCH athletic rules since becoming a student at SWCH.

\_\_\_\_\_ I would like a conference with:

\_\_\_\_\_ the principal.

\_\_\_\_\_ activities director.

\_\_\_\_\_ my team's captain, sponsor, director, or coach.

\_\_\_\_\_ the counselor or teacher

\_\_\_\_\_  
Student's signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed name

**PARENT AND STUDENT AGREEMENT:**

I, the undersigned, have received a copy of the Southwest MN Christian High School Co-curricular Handbook. Throughout the year, these policies may change or be added to. I understand the policies and procedures of this handbook and I am in agreement with them, even as amended.

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's signature: \_\_\_\_\_ Date: \_\_\_\_\_

**STUDENT COMMITMENT FORM (SCHOOL COPY)**

I, \_\_\_\_\_, understand as a student of Southwest MN Christian High school, that I must adhere to all of the MSHSL and SWCH rules.

- I will give full allegiance to my team. I will put my team's welfare before my own desires. I will encourage and support my teammates and my coaches.
- I realize that a primary goal of participation is enjoyment and character development, and this can only be accomplished by engaging a disciplined lifestyle. I will strive to live a lifestyle which is God glorifying.
- I will attend classes regularly and work diligently in my studies.
- I will refrain from the use of mood-altering chemicals as well as stay away from establishments where mood-altering chemicals are sold and used.
- If I fall short of this promise and am in violation of these rules, I will report the violation to my team captain(s) who will then work with me or get help for me. I understand that the team captain(s) will report the violation to my coach and that I may receive a suspension depending on the violation.
- I will do whatever I can to ensure that athletics will be a positive and memorable experience for everyone involved.

**Check any that apply to you:**

\_\_\_\_\_ I have violated MSHSL + SWCH athletic rules since becoming a student at SWCH.

\_\_\_\_\_ I have not violated MSHSL + SWCH athletic rules since becoming a student at SWCH.

\_\_\_\_\_ I would like a conference with:

\_\_\_\_\_ the principal.

\_\_\_\_\_ activities director.

\_\_\_\_\_ my team's captain, sponsor, director, or coach.

\_\_\_\_\_ the counselor or teacher

\_\_\_\_\_  
Student's signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed name

**PARENT AND STUDENT AGREEMENT:**

I, the undersigned, have received a copy of the Southwest MN Christian High School Co-curricular Handbook. Throughout the year, these policies may change or be added to. I understand the policies and procedures of this handbook and I am in agreement with them, even as amended.

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's signature: \_\_\_\_\_ Date: \_\_\_\_\_