

## **Welcome to the Athletic Department at Calvary Chapel Christian School**

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Calvary Chapel Christian School of Downey (CCCS) is glad you are interested in using your God-given talent to glorify Him in and through this department. We believe God uses everything in our lives for His purpose, including athletics, and that we are commanded to “do everything as unto the Lord” (Col 3:23). This handbook will provide you with foundational information regarding the department and how you can further be involved.

**Note:** *This Athletic Handbook is an extension/supplement supporting all policies and procedures covered in the respective Parent/Student Handbook.*

## Philosophy of Athletics

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The Bible commands Christians to be set apart from the world and at CCCS we believe this includes athletes (Rom. 12:1-2 and 2 Cor. 6:17-18). It is essential that Jesus Christ be the focus and center of each athlete's mind, heart, and attitude, both on and off the athletic field (Rom. 8:29, 2 Cor. 4: 16-18, and Phil.2:5). Everything is to be done as unto the Lord and not men (Col. 3:23). Therefore, CCCS defines true success by an athlete's *total release* of their effort in training, competition, sportsmanship, and their love for Christ (Rom. 8:28-29).

Through the Holy Spirit's help, each athlete can become like Christ, living and competing for an audience of one. Because of Christ's loving sacrifice, it is only reasonable that one give all they have to Him in return (Phil. 2:8 and Rom. 12:1-2). Athletes are to study the Scripture and rely on the Holy Spirit for guidance concerning the manner in which they live and play. Above all, CCCS Athletics seeks to develop and instill eternal values within each athlete. Thus, each team and athlete's perspective must focus on the eternal (2 Cor. 4:16-18)!

The following eight character qualities are derived from Scripture and are expected to be displayed within each athlete's life. This can be accomplished through study, practice, and prayer. Scripture states, "I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing" (John 15:5).

**Dependability:** Be at all practices and competitions unless first cleared by the coach. Know what is expected by each coach and follow the standards accordingly (Matt. 5:37).

**Love:** Show a real concern for team members, coaches, and opponents; putting their needs before one's own (Phil. 2:3 and Heb. 10:24-25). Remember, Christ centered His love upon others (1 Cor. 13:4-8 and John 13:35).

**Enthusiasm:** Take an interest in every part of your sport and be glad to quickly carry out each aspect of the job (1 Thess. 5:16).

**Faith:** Display a confidence in the Lord's control over all circumstances, knowing that He is carrying out His will within one's life (Heb. 11:1).

**Humility:** Acknowledge God as the giver of each ability, talent, and success (Phil. 2:2-3).

**Endurance:** Despite the stress, hard work, and challenges faced in competition and training, each athlete must develop an attitude of perseverance. In this, knowing there is strength and joy in Christ (Gal. 6:9).

**Boldness:** Be ready to boldly express what Jesus Christ has done for you. The Christian athlete cannot be one who is timid, but is ready to be used by the Lord to minister to those around him/her (Acts 4:29-31).

It is our goal that each athlete develops positive Christ-like character qualities and expresses them through the means of athletics, a microcosm of life. As an athlete, there will be many situations that, if one is open to receiving from the Lord, can be used to teach Biblical principles. Coaches will guide the athlete in such character development. It is the goal of athletics to foster vital relationships among all involved and reflect a team concept, as communicated and directed by the leadership of the Christian coach.

While success on the floor, mat, or field, etc. is important, winning is not the main focus of our Athletics Program. The goal is that the participating student becomes a well-rounded individual, striving toward his/her God-given potential. Additional goals of the CCCS Athletics Program are as follows:

- Provide well-planned and well-balanced inter-scholastic activities for as many participants as possible, consistent with available facilities, personnel, and financial support.
- Plan athletic events with a minimal amount of interference into CCCS academics.
- Provide functions to involve not only the participants, but also the student body and school community.
- Provide opportunities for alumni, parents, and friends of the school to be renewed, strengthened, and united in school spirit through athletic events.

## **General Information**

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CCCS conducts an intensive inter-scholastic sports program in the belief that competitive experiences contribute significantly to the development of character, mutual support, and school spirit. Sportsmanship in such encounters is an important part of this training.

We expect our coaches, players, and students to represent CCCS in a manner that glorifies Christ and is respectful of others, both on and off the field of play. We also encourage and endorse the enthusiastic support of constituents and friends. In the process, we expect all those present to uphold the same high standards, including the treatment of opposing teams, officials, and fans as honored guests. Administration is directed to implement and enforce established policies from all Leagues represented with our teams.

Athletic programs offered at CCCS are as follows:

### **BOYS**

Baseball  
Basketball\*  
Cross Country  
Football\*  
Soccer\*  
Swimming  
Track and Field  
Wrestling  
Golf  
Volleyball

### **GIRLS**

Basketball\*  
Cheer/Mascot\*  
Cross Country  
Soccer\*  
Softball\*  
Swimming  
Track and Field  
Volleyball\*

*\* Jr. High athletic programs offered in addition to Sr. High*

CCCS does not facilitate co-ed teams. The Cheer team is a vital part of our athletic program. It is an all-girl squad with tryouts held each spring to form the cheer team for the following year.

## **Guidelines and Rules**

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**The following rules are enforced for all sports at Calvary Chapel Christian School; failure to comply will result in disciplinary action:**

- **There is “zero tolerance” concerning the use of drugs, alcohol, or tobacco** at anytime or place, whether on or off campus. This is applicable 365 days a year. Proven use constitutes expulsion from the team and is considered permanent.
  
- **Any improper or questionable language will not be permitted.** Disciplinary measures will be taken upon the first offense and the incident will be reported to Administration. If the problem persists, a decision will be made by the Administration in regard to the eligibility of the athlete. Improper language includes swearing, boasting, and disrespect toward officials, players, or coaches. “Lead a Spirit-controlled life and God’s Spirit will control your tongue” (Eph. 5:18-20).
  
- **Horseplay and hazing will not be tolerated.** Athletics can be enjoyable, but foolish “horseplay” and hazing will be grounds for discipline.
  
- **Attendance** at all games and practices is mandatory, (unless arrangements have been made with the Head Coach). You must attend  $\frac{1}{2}$  of your academic classes (example: student has 5 classes, they must attend 3), to be eligible for participation in any athletic practice or game. Final decisions on any exceptions will be made by the Athletic Director. For further information see the Jr. High and High School Parent/Student Handbooks.

- **After School Practices for High School** teams will finish by 6 pm with the exception of Wednesdays when practice will end at 5 pm. Other exceptions include winter outdoor sports that will end at 5:30 pm due to darkness. Indoor basketball may require later practice times according to gym availability. Any off-site practices will have athletes back on school property at these times as well. Jr. High practices will end by 5:30 p.m. Time changes are subject to administrative approval.
- **Season Closeout** requires the athlete to complete a “Class Change Request” form and turn in all equipment to their coach or athletic department before they are allowed to transfer to another sport or class. Failure to do so will result in disciplinary action.
- **Daycare Policy regarding Jr. High athletes requires** them to be checked into daycare after practice. Note: Parents must pick-up their child(ren) from Daycare after practice. There is a grace of 15 minutes after practice ends before the parent is charged Daycare fees.

## CHARACTER GUIDELINES

- **Witness:** People are watching us carefully and consistently for a Christian testimony, **we need to be aware of our actions.** The Bible commands us to “Abstain from all appearance of evil” (1 Thess. 5:22). All athletes are expected to abide by the standards outlined in the *CIF Code of Ethics which is agreed to and signed by each parent and high school athlete prior to entering the CCCS Athletic Program.*

- **Obedience:** Model Jesus' example of obedience to His Father's will. Athletes must be obedient both to the Lord and to those put in authority over him, including coaches, referees, teachers, and staff (Romans 13:1).
- **Diligence:** Use all of your strengths and abilities to complete each task swiftly, with careful steady effort. (Col. 3:23 & 24)
- **Accountability and Responsibility:** Athletes are accountable to understand and fulfill all that is expected of them. (Eph. 6:5-8)
- **Determination:** Stand steadfast with boldness and perseverance in order to accomplish God's goals in His time, regardless of the opposition. (II Tim. 4:7)
- **Joyfulness:** "The joy of Lord is our strength" (Neh. 8:10). Athletes should allow their relationship with the Lord and His joy to sustain them on and off of the field. (Ps.16:11)
- **Confidence:** As Christians, the athletes' confidence is not in themselves, but rather the finished work of Christ. (Prov. 3:26 & 14:26)
- **Intensity:** An athlete must display firm purpose and great seriousness. "Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him" (Col. 3:17). Focus total attention upon the job at hand and put forth every effort to complete it in His strength.
- **Commitment:** God does desire that we fulfill commitment once we have made it. In the event that an athlete does not fulfill that commitment, he/she will not be able to participate in any other sport programs for the remainder of the school

year. This means that once an athlete is on the roster and the first contest has passed, he/she must complete the season or they will not be allowed to participate in another sport. No athlete will be allowed to compete in two sports simultaneously. Administration will have the final decision on any exceptions.

## **ATHLETE PARTICIPATION POLICIES PRIOR TO PRACTICE OR COMPETITION**

- 1) **Sports Fees must be paid in full.** Payments must be received on or before the due date for continued participation. A Spirit Pack is included in the fees.
- 2) **Practice Uniforms** can be purchased in the student store.
- 3) **Athletic Covenant Packets** including a *Covenant, Transportation Waiver, Insurance Waiver, and CIF Code of Ethics (High School Only)* must be completed and turned in prior to participation in the athletic program.
- 4) **Physical and Medical History** forms are to be signed by both the athlete and parent. All forms **expire one year from the date of signature.**

Athletes will not participate in any athletic event or practice until all of the above requirements have been satisfied. As stated above, all guidelines and rules will be enforced and responsibility for knowing them, rests with the athlete.

## **Parent Responsibility**

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All parents are asked to support the athletes by specifically adhering to the following standards taken directly from the *CIF Code of Ethics (COE)*:

- “Show respect for teammates, opponents, officials, and coaches” (CIF COE 2).
- “Respect the integrity and judgment of game officials” (CIF COE 3)
- “Exhibit fair play, sportsmanship, and proper conduct on and off the playing field” (CIF COE 4).
- “Refrain from the use of profanity, vulgarity, and other offensive language and gestures” (CIF COE 6).
- “Know and follow all state, section, and school athletic rules and regulations as they pertain to eligibility and sports participation” (CIF COE 10).
- “Win with character, lose with dignity” (CIF COE 11).

Coaches and teams will require parent volunteers to assist them throughout the season. Tasks may include the organization of team events and activities; ticket, program, or concession sales; as well as set-up prior to and teardown after competitions. Interested parents should make themselves available early in the season to enable the coaching staff to implement their plans.

## **Transportation and Facilities**

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The Lord has blessed CCCS with athletic facilities and transportation vehicles; we will not tolerate destructiveness or misuse of this property. If an athlete witnesses any damaging of property or equipment, they must report the incident to their coach immediately. Concerning all facilities and transportation, CCCS' motto is "Always leave the area cleaner than you found it!"

### **TRANSPORTATION**

**To Athletic Events:** All athletes are required to ride in school vehicles to all athletic events unless otherwise specified by your coach. All athletes must return to school in the same vehicle. Any reasonable alterations from the above must have prior administrative approval. Upon return to the school, all vehicles will be cleared of all trash and equipment. Vehicles will remain clean! No CD players, headphones, MP3 players or iPods are allowed at any athletic contest or during school transportation. When boys and girls are riding in the same vehicle, they will not be allowed to sit together.

**To Practice:** The same rules above apply. If you are driving or riding with someone else, you are to conduct yourself in a way that will be in accordance with school policies and principles. Remember, even though you are driving, you are still the school's representative. If you are driving to practice or a game, or riding with another student, you must have written permission from your parent(s) at least 24 hours prior.

*Extended permissions can be kept on file with your coach.*

## **FACILITIES**

**Locker Room:** Make sure to lock-up all personal items, including bags and equipment. CCCS will not accept liability for lost or stolen items. After each season, athletes must clear out their lockers. Any personal items left in the locker room or at the practice facility will be taken to the “*Lost and Found*” for a short period of time and then donated or discarded. “*Lost and Found*” is located in the hallway between the Athletic Office and the boy’s locker room. No athlete is to be in the locker room without adult supervision. No athlete is to change clothes in the bathroom outside of the boy’s locker room.

Athletes will remain in their respective practice area. After practice all high school athletes are to exit through the High School Office side gate.

After practices or games the Jr. High athlete must have their coach check them into Daycare. If the athlete is not picked up within 15 minutes, (of the end of practice or game) the parent will be charged for daycare services.

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## **Uniforms and Equipment**

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When the athletes have committed to their teams and have made the team roster, “Spirit Pack” items will be ordered. These items will be purchased by the athlete and will be theirs to keep at the close of the season. Spirit Pack items usually include a practice t-shirt, special socks, hooded jackets, etc.

At the beginning of each sport season, coaches will issue school uniforms and school equipment. It will be the athlete’s responsibility to keep them clean and in good condition. Any school issued items that are lost or damaged beyond normal wear and tear must be paid for in full.

Spirit Pack information regarding the type of practice uniform the athlete will be required to wear will be made available by the coaching staff. Required P.E./Athletic Practice Shorts are available in the Student Store. Wearing anything outside of the required practice uniform is a direct violation of the dress code. For example, plain white t-shirt, black, striped or multi-colored socks, unapproved shirts, and unapproved wrist or headbands are not acceptable.

Treat school equipment with care. If your coach gives you the responsibility for team equipment, see that your responsibility for that equipment is carried out completely. Any loss or damage of school equipment due to neglect or carelessness by the athlete will be the full responsibility of the athlete. In addition, some sports (i.e. baseball and softball) may require the athlete to obtain personal equipment as well.

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## **Physical Exams**

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Athletes must have an annual physical exam certifying that he/she is physically fit to participate before try outs, practices, or participation in interscholastic athletic competition begins. All new high school students interested in participating in summer and fall sports programs are required to complete physicals by the end of June or before participating in summer programs. All other returning seasonal athletes are required to have updated physicals (good for one year) on file with the Athletic Office prior to participation in any sport activity.

## **Injuries and Insurance**

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All injuries must be reported to your coach so that proper assistance or first-aid may be given. Be sure to let your coach know of any allergies or other conditions that may require special attention.

Each athlete must have current personal medical insurance coverage. CCCS is not responsible for paying insurance deductibles or any outstanding balances.

To minimize the probability of injury, conditioning is strongly recommended. Athletes should prepare themselves, so that they can withstand the physical stress that practice will demand. Conditioning should begin moderately and work up to a higher level so that they will be ready for the start of the season. Coaches may be seen for information on conditioning prior to the start of the season.

In the event of an injury requiring doctor's care, the athlete must get a doctor's release to return to team participation.

## **Athletic Fees**

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Athletic fees will help defray the operating expenses of the athletic program. Fees will be charged to those participating in summer, fall, winter and spring sports. Athletic Fee Schedules are available in the Athletic Office.

Athletes will not be allowed to participate in any practices, scrimmages or games, nor will uniforms or gear be issued until the athletic fee is **paid in full**.

Below are the months in which fees are due. Contact the athletic office or coach for the specific day:

Fall sports	August
Winter sports	November
Spring sports	February
Summer sports	June

Make checks payable to “CCCS” and turn them into the School Office. No refunds will be issued on any fees without administrative approval.

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## **Athletic Eligibility**

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### **STUDENT ELIGIBILITY TO PARTICIPATE IN EXTRACURRICULAR ACTIVITIES (INCLUDING ATHLETICS)**

In order for students to be eligible for extracurricular activities such as team sports, cheerleading, band, yearbook, ASB offices, etc., they must meet the following requirements:

- At least a 2.0 G.P.A. in all academic course work
- Compliance with school standards, conduct and disciplinary philosophies. Any disciplinary suspensions will result in ineligibility. The period of ineligibility extends for seven calendar days following the suspension
- Must attend at least one half of student’s academic classes

Any student who’s G.P.A. falls below a 2.0 in any grading period (report card or progress report), will be placed on *student athletic/extracurricular probation*.

The student will be required to raise their G.P.A. to at least a 2.0 by the next grading period. If this standard is not met, the

student becomes ineligible to participate in any sport or extracurricular event (i.e. practices, meetings, games, performances) until the next grading period, during which time the student's grades will be re-evaluated.

## **SUSPENSION**

If any athlete is suspended from school, they will not participate in any extra-curricular activity beginning on the date of the suspension.

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## **Team Captains**

Team Captains will be selected by the coaches. "To whom much is given, much is required" (Luke 12:48b). Athletes desiring to be a captain should thoroughly cover the contents of this handbook.

Team Captains are expected to be role models to other athletes and students by their godly lifestyle, positive attitude, and excellent academics. (1 Thess. 5:12-24)

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## **Letters and Awards**

### **LETTERS**

High school letters are awarded in all sports. To be eligible, the athlete must meet the minimum standard of participation and be in good standing with the school. Lettering requirements may be obtained in the Athletic Office.

## **SPECIAL TEAM AWARDS**

Special team awards are presented at the end of the season team banquet. These awards are presented to selected athletes who displayed exceptional performance throughout their season. Awards presented are:

- **Mighty In Spirit** – presented to the athlete who exemplifies spiritual leadership, Christ-like character, and spiritual insight. This is the highest team award that an athlete can receive.
- **Impact Player** – given to the athlete who displays the best intensity in his/her performance. This athlete is to be best at what is spoken of in Col. 3:17 & 3:23 and must give all they have at all times unselfishly unto the Lord.
- **Scholar Athlete** – given to the athlete that displays the highest overall GPA.
- **Coaches Award** – presented to an athlete that not only inspires the team athletically, but also spiritually.
- **Grizzly of the Year** - At the end of each school year, two athletes, one male and one female are respectively chosen from high school and junior high for the “Grizzly of the Year” award. This is given to outstanding scholar-athletes who display the best all-around character, ability, and accomplishment. Each nominee must have participated in at least two sports and have a strong GPA. This award is selected by coaches and affirmed by a vote of School Administrators.



*Our school is a member of the Association of  
Christian Schools International (ACSI)*

**Calvary Chapel Christian School**

12808 Woodruff Avenue, Downey, CA 90242  
Elementary/Jr. High School Office • 562.803.6556  
High School Office • 562.803.4076

[www.cccsdowney.org](http://www.cccsdowney.org)

Jeff Johnson, Senior Pastor  
Yuri Escandon, School Administrator  
Glen Valuet, Elementary/Jr. High School Principal  
Ron Terrall, High School Principal