



***CORNERSTONE CHRISTIAN
SCHOOL***

2018-2019

-Athletic Handbook-

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Leadership

Principal
Mrs. Sharon Privett

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School Information

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Mascot
Crusader

Colors
Black/White/Red/Silver

Vision Statement

"Building a Legacy of Faith, Virtue and Influence," - 2 Peter 1:5-8.

Mission Statement

Through sports provide students the ability to
Impact their community and grow in their walk with
our Lord Jesus Christ

1. Athletic Philosophy

Cornerstone Christian School (CCS) believes that Interscholastic Athletics represent an integral piece of the overall educational experience. With this, CCS seeks to offer activities that not only support its vision, but those that further encourage continued development of each student involved. CCS strives to develop students of excellence, both in the classroom, and in the extracurricular. CCS aims to inspire positive growth and formation not only for the immediate, but for the future as well.

With these points in mind, Cornerstone Christian School will ensure that:

- All coaches will promote moral character while serving as a positive role model.
- All interscholastic events will impact participants in a positive manner, promoting commitment and effort.
- Each interscholastic event will promote a sense of excitement, enthusiasm, and loyalty to team, program, and school. CCS seeks to develop well-rounded leaders in all walks of life.

2. Athletic Mission

CCS Athletics seeks to assist student-athletes in developing strong character by promoting excellence and integrity, inspiring each to excel at the highest level of competition.

All department goals, principles and policies have been created in an effort to make the mission statement a true focus in the everyday life of the CCS student athlete.

3. Code of Conduct

Athletic Department guidelines have been established to allow all athletes the ability to become the best they can be. These guidelines are founded on the premise that athletic achievement is enhanced by positive behavior, healthy personal habits and abstinence from alcohol and drugs. These guidelines exist to promote the success of the individual athlete; mind and body. Every CCS coach and student-athlete is expected to represent the school in a manner consistent with Christian character and values including ethical behavior, honesty, integrity, and responsibility.

Participation in any CCS athletic activity is a privilege. Participants must maintain the right to represent Cornerstone Christian School by conducting themselves in such a manner that the image of the school is not tarnished. The discipline policies of the athletic department follow the guidelines set forth by the school. Coaches are required to immediately report any violation of school rules to the Athletic Director. Any disciplinary action taken against a student-athlete will be consistent with discipline policies and

procedures set out in the CCS Parent-Student Handbook. CCS student-athletes will be held to higher standards and may face additional athletic consequences.

4. Athletic Department Principles

The CCS Athletic Department is committed to the following principles.

- Interscholastic athletics are an important part of the overall educational program.
- The total development of the student-athlete is the Athletic Department's primary focus.
- Excessive development within any area of a student-athlete's interest at the expense of another program is to be avoided.
- Extracurricular activities should enhance the school's mission.
- It is important to instill a loyalty in participants to self, team and school and to develop a competitive spirit that produces winners on and off the field.

5. Policies of the Athletic Department

The Athletic Director shall direct the use of athletic facilities for practice, interscholastic competition and individuals or groups renting the facilities.

1. All coaches are expected to assist in, and contribute to, the success of the total athletic program.
2. The Athletic Director is the official spokesperson for the Athletic Department. All coaches are expected to communicate effectively with the Athletic Director concerning specific needs and program development.
3. All coaches should make equipment requests to the Athletic Director.
4. All coaches will be paid employees, or volunteers of CCS who understand and uphold the school's mission as well as the athletic department's mission statement.
5. We take great pride in the fact our coaches are also educators. Therefore, it is the policy of the Athletic Department that CCS student-athletes be universally held accountable to the honor code of conduct, regardless of their relative athletic ability.
6. Requests to move games or times must come through the Athletic Director.
7. The school shall abide by the times of contests coordinated by the league.
8. Players may not be excused from class time to practice, individually or in a group, unless permission is given by administration.
9. As is policy of the CCS Athletic Department, all athletes are required to attend a minimum of four (4) classes within a seven (7) class day, one (1) full class on a three (3) class block day, or two (2) full classes on a

- four (4) class block day in order to participate in an athletic activity of the same day.
10. If it is necessary to leave class early to attend a competition, all players and coaches will be excused at a specific time agreeable to the Athletic Department and the Administration. These arrangements will be communicated to the faculty via e-mail prior to the event.
 11. The coach is the recognized leader of his/her team; the coach's attitude and conduct should represent CCS with dignity and class.
 12. Every coach is a teacher of values, skills and tactics.
 13. Every coach will be proactive in modeling the positive behaviors expected from our student-athletes and fans.

6. Personal Development of the CCS Student-Athlete

By participating in CCS athletics, the student-athlete will be given the opportunity to develop a wide range of life skills. Sports participation will...

- Increase self-confidence and self-awareness as a result of daily challenges and risk-taking associated with public performance.
- Teach integrity, discipline and self-restraint through the rules of the game.
- Increase communication skills necessary for learning and implementing strategy.
- Increase the general fitness of each student-athlete by requiring physical work in aerobic endurance, muscular strength, flexibility and sport-specific techniques.
- Increase collaboration skills and qualities of a positive team member through commitment to common expectations.
- Teach humility and grace through both winning and losing experiences.
- Teach resiliency through risk-taking and perseverance.
- Teach the importance of consistent preparation as a component of successful performance.

7. Expectations for the Student-Athlete

All CCS student-athletes will be expected to follow basic rules associated with athletic participation.

- Student-athletes will make a commitment to the team.
- Student-athletes will accept an individual role as a team member.
- Individually and communally, student-athletes will represent CCS with class and dignity in victory and defeat.
- Student-athletes will maintain a positive, controlled attitude in all activities.
- Student-athletes will understand that all rules upheld by Cornerstone Christian School carry over to all athletic activities.

- Student-athletes will attend more than fifty percent of their daily class schedule to participate in that day's activity.
- Student-athletes will understand that participation in any event or program is a privilege and not a right.
- Student-athletes will not participate in any other school program while clearly involved in another until the first has come to a conclusion (unless given administrative approval.)
- Student-athletes will complete their commitment to the activity for its duration. A student will not be allowed to begin another activity until the previous program has concluded.
- Student-athletes will be responsible for the care, replacement of, and return of equipment upon conclusion of use. If such equipment is not returned, the student will not be allowed to participate in another school activity until all is returned or paid for. The replacement cost for any item is three times the cost. Replacement costs will be charged on the student bill if an item is not returned or has been destroyed.
- Student-athletes will remain with the team or group at all times, both home and away, until dismissed by a coach.
- Student-athletes will understand that portable audio/visual equipment will not be allowed when traveling on long road trips however, this rule is at the coach's discretion.
- Student-athletes will understand that a coach or senior administrator maintains the right to withhold any student from any practice or contest based upon disciplinary action.
- Student-athletes will be responsible to adhere to all team rules including those established by the coach/manager dealing with practice and other pre-game activities.
- Student-athletes will attend all practices and contests until such has concluded unless given permission by the coach/manager to miss such an event.
- Student-athletes will pick-up after themselves at the conclusion of each practice and athletic activity.
- Student-athletes will travel according to school policy (i.e. van, school bus, charter bus, car pool, etc.)
- Student-athletes will adhere to all policies set out by the athletic department.
- Student-athletes will have all homework turned in prior to leaving a class early.
- Student-athletes will make-up any in-class assignment or exam the following school day.
- Student-athletes will abide by the "Athletic Packet" and all policies detailed herein, including those dealing with academic and social expectations.

8. Sportsmanship and Eligibility

Student-athletes are role models within the school and the community. CCS athletes are representatives of CCS. Their actions are viewed by family, friends, opposing fans, the local community and the media. Displaying good sportsmanship will show the most positive things about the individual athlete and CCS.

As such, they are expected to conduct themselves accordingly. CCS student-athlete goals for sportsmanship should include the following.

- Student-athletes are to respect the rules of the games, the officials who administer the rules and their decisions.
- Student-athletes are to respect opponents.
- Student-athletes are to refrain from engaging in disrespectful behavior, specifically taunting, trash talking and other forms of distracting or intimidating behavior.

The California Interscholastic Federation (CIF) has established specific rules for participation eligibility and the promotion of sportsmanship and the reduction of participation when unsportsmanlike conduct is displayed during a contest. The CIF Southern Section Blue Book has outlined the following necessary procedures.

- Any coach, player, fan ejected from a contest is suspended indefinitely for all practices or contests until a meeting is scheduled between the coach, player, parent, administrators and CIF officials.
- All athletes must have a parent signed medical release form on file with the athletic director.
- An athletic physical is required before any athletic participation is allowed.
- For each season an athlete must complete and return the "Ethics in Sports" form to the athletic office.
- An athlete who plays on the Junior Varsity level is eligible to play on Varsity, however the athlete cannot return to Junior Varsity until the next week. An athlete cannot go from Junior Varsity to Varsity then back to Junior Varsity in the same calendar week.
- An athlete is ineligible if she/he plays on an outside team while participating on the same school team. A student cannot play high school basketball and recreational league basketball at the same time.
- If an athlete turns 19 prior to June 15th of that current year, that student is ineligible to participate in high school athletics.
- Any athlete under the age of 15 wishing to play Varsity Football must fill out the appropriate forms prior to participation.
- If an athlete is in his/her fifth year of high school, he/she is ineligible for high school athletics.

- An athlete cannot tryout for a professional or collegiate program between September 1st and June 25th.
- No senior may compete at the Junior Varsity level.
- A student suspended from school is ineligible to participate in any athletic activity during such time.

The CCS Athletic Department fully supports the California State policies of the CIF and will ensure their compliance. Additionally, any athlete ejected from a contest will meet with the Athletic Director and may be required by the coach to complete extra activities before rejoining the team in a competitive manner.

Athletes are required to pay a fee for their participation in sports. This is a non refundable fee. Please see current "Sports Fees Flyer".

9. Expectations of Fans

CCS fans will be held to the same standards as our student-athletes. Fans are guests at athletic contests. As such, spectators should conduct themselves in an appropriate manner for a sporting contest among young athletes. CCS administrators or their representatives reserve the right to remove a spectator from an athletic facility for inappropriate, unsportsmanlike behavior.

The following guidelines should be observed:

1. Let the official(s) handle the game.
2. Let the coach or manager lead the team.
3. No obscene gestures or language.
4. Be respectful and courteous to others.
5. Cheer and support the teams not against an opponent.
6. No taunting; use self-control.
7. Be supportive!

10. Parental Guidelines

Issues of Concern: What are appropriate issues to discuss with the coach? When should such issues be discussed? This can be an issue for some parents when a child is involved in athletics.

Parents are free to discuss the following:

- The treatment of their child
- Concerns about their child's personal attitude or behavior
- Team philosophy and expectations
- Scheduling
- Sanctions enforced

- College participation

Parents should not discuss:

- Playing time
- Strategies used during a game
- Other athletes

Special Note: Please understand that at **NO TIME** should a coach or manager be asked to address any of these issues while involved in a game and/or practice. A private, after-school or in-office meeting is recommended and preferred. We, in the athletic department, know that it can be difficult to accept that your child's playing time may be minimal. Coaches are professionals, worthy of respect for their understanding of the particular sport. Based upon their understanding of the game and specific strategy, the coach must always do what is best for the team, not just your son or daughter.

Complaints: Should a complaint be necessary, it is important that it be directed to the appropriate individual(s). If you wish to discuss a problem, please follow these guidelines by scheduling an appointment:

- Contact the coach – issues involving a) player/coach or b) parent/coach should be dealt with by those immediately involved.
- Contact the Athletic Director –should it be apparent that NO COMPROMISE or UNDERSTANDING can be reached between the immediate individuals; the Athletic Director should be included.
- Contact the principal - this should only be scheduled as a last resort to resolve any situation or problem.

11. Scholastic Eligibility

To be eligible for athletics all student-athletes must maintain a minimum grade point average (GPA) of 2.5 or better to participate in any athletic activity.

All athletes will be required to turn in a grade sheet to the athletic department weekly. This form will be turned in to the Athletic Director each Tuesday Morning. Coaches will be notified of which student-athletes are maintaining a 2.5 GPA but may have a failing grade in one or more classes. These student athletes will be on "Academic at Risk."

Should an athlete's GPA fall below 2.5 during any point of the season, he/she will be ineligible to participate in the games until they raise their GPA to 2.5. Administration reserves the right to introduce a grace period for student-athlete with GPA of 2.0 to 2.5 for student-athletes to raise their GPA. Appropriate teachers will monitor the student's progress and a weekly academic report will be given to the Dean of Academics.

12. Multi-Sport Student-Athletes

All CCS athletes, parents and coaches should understand the importance of the multi-sport athletes to our program and support, encourage and allow student-athletes to participate in one, two, or three seasons as they so choose.

At no time should a CCS coach encourage a CCS athlete to specialize in one specific program. Coaches should do their best to support the multi-sport concept. Please note however that though the athletic department does support multi-activity amongst its athletes, at no time can a student compete in two or more CIF sports during the same season and no more than three the entire year. End of the year awards look strongly at individual student-athlete participation and progress and will be awarded on such basis.

13. Difference Between Middle School and High School Athletics

At CCS we want every student, 6th grade through 12th grade, to have the opportunity to compete at the highest level; however, it must be understood that the experiences and expectations found within the two programs are distinctly different.

Middle School Athletics – Students are given more specific opportunities to participate in team competition with the intent to teach such values as sportsmanship, commitment and integrity. Each student is given the opportunity to play, though not every student will receive an equal amount of time.

High School Athletics – Students are provided the opportunity to compete at the highest level. Coaches are entrusted with the task of playing the best athletes for that particular form of competition. When participating in high school athletics; academics, practice, participation and talent all factor into the decision of who deserves to play.

Rules/Regulations – It should be understood that all rules and regulations enforced by CCS dealing with academics, attendance, behavior, etc. apply to both middle school and high school athletics. Additionally, high school athletics does fall under the jurisdiction of CIF – Southern Section and will continue to follow the various guidelines described in the prescribed “Blue Book.” Using middle school athletics at CCS as an introductory device, the middle school athletic program often does follow the same guidelines detailed in the afore mentioned “Blue Book,” though it is not required.

14. Athletic/Extracurricular Opportunities

Middle School

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Volleyball (G)	Baseball (coed)	Basketball (coed)
Football	Cross Country	
Cheer (Year Round)		

High School

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Volleyball (G)	Basketball (B&G)	Golf*
Football		Baseball (B)
X Country (co-ed)		Track & Field*
Cheer (Year Round)		

* Indicates the prospect that such activity may be offered should all criteria of Section 19 be fulfilled.

15. Transportation

The Athletic Director in cooperation with the team coach, team mom, and school administration is responsible for arrangement of team transportation to away contests. Transportation will be provided by school vans, parents,

coaches or Charter Company. Exceptions to this rule will be given on a case-by-case basis where a written notification from a guardian is submitted to the head coach prior to the event. Students **MAY NOT** transport other students in their car to away contests or practices.

16. Athletic Forms

Any CCS student wishing to participate in the athletic program must submit the eight (seven for middle school) required athletic forms prior to any type of athletic participation. Please note, some forms are "re-useable" for multi-sport activities within the same year, however not all of them. The following forms are required before any participation.

- Athletic Commitment
- CIF Ethics in Sports (High School)
- Inherent Athletic Risks
- Travel Permission and Athletic Release
- Emergency Card
- Concussion Information Sheet
- Proof of Parental Automobile Insurance
- Twelve Virtues for the Student-Athlete
- Athletic Physical

In cases of injury, all major decisions regarding a student-athlete's readiness to play must be determined by the physician. The coach is obligated to abide by these decisions. The coach is responsible for the necessary communication with the parents, as the athlete is responsible for communicating with the coach.

17. Tobacco, Alcohol, and Other Illegal Drugs

CCS is concerned with the healthful habits of all students and is certain that participation in athletics and the use of controlled substances are not compatible. Athletic participation and its life-long benefits for students cannot be compromised with substance abuse. A student-athlete who chooses to use banned or controlled substances jeopardizes team morale, team reputation, team success, and most of all, self growth and personal health and safety. Athletes will refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance used to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General, or the American Medical Association.

18. Policy Regarding Potential Collegiate Athletes

It is not the school's responsibility to secure athletic scholarship(s) for the student-athletes; however the CCS coaches will do their best in assisting student-athletes with the college process.

Students are expected to assist in the following:

- Inform their coaches of the colleges to which they plan to apply as a recruited athlete.
- Make contact with college coaches early in the application process.
- Pass on requests for athletic information to their coaches and requests for academic information to the Director of College Counseling.
- Register for NCAA Div. 1 & 2 clearances if necessary. Forms are available from the office.

Student-Athletes can expect coaches to assist in the following:

- Return requests for information from college coaches with the permission of the student.
- Meet with the student and his/her parents to discuss the possibility of the student's participation in collegiate athletics when a meeting is requested by the student or parent.
- Give an honest appraisal of the student's chances of competing at a particular level.
- Be aware of academic requirements.
- Be aware of the rules and regulations regarding the requirement of athletes.
- Make contact with coaches when requested by the student and deemed appropriate by the head coach.

Information regarding the NCAA Clearinghouse and eligibility can also be found on the web at www.ncaa.org/eligibility/cbsa

19. Policy for Additional Activities

Athletics and extracurricular activities are key to any educational program. In cooperation with this statement, the addition of any program, event, etc. must fit appropriate criteria should it seek approval from administration.

- Is there a facility?
- Are there funds?
- Is there a facilitator?
- Is the activity CIF sanctioned?
- Does our league offer competition?

20. Facility Use Procedure/Policy

The following rules are used when scheduling athletic/extracurricular events:

- Varsity programs will have priority in season and playoffs.
- If a change is necessary, it should be scheduled seven (7) days in advance (if possible.)
- Understanding that CCS operates as a "church school," all functions/events must be approved by the church leadership in union with school leadership.

21. Lettering/Awards Policy

- Each activity will maintain a different lettering/awards requirement established prior to the beginning of each season. Please be sure to retrieve a copy of that program's profile from the appropriate coach.
- Representing Cornerstone Christian School should be a primary goal of all student-athletes. Any student-athlete who displays poor behavior, character or judgment may lose the privilege of receiving a varsity letter or further participation in such activity.

Awards/Banquets

Banquets are held at the conclusion of each athletic season under the direction of the head coach. Awards will be given according to the following criteria and will be decided by the coach, assistant coach (if applicable), the athletic director (if necessary) and/or other players (if appropriate.)

Crusader Award – Awarded to the specific athlete who has exemplified effort and hustle throughout the season.

Most Valuable Player (MVP) – Awarded to the player who has proven to have a lasting impact on their specific team.

Most Improved Player (MIP) – Awarded to the player who has shown the most improvement throughout the athletic season.

Christ Like Character - Awarded to the player who served as an obvious form of inspiration and Christ like character on and off the court.

All-League – If an athlete earns 1st or 2nd team all league they will be awarded a certificate, with a 1st team member also receiving a chenille patch.

Scholar Athlete of the Year

Awarded to the athlete with the highest GPA throughout this year.

Christian Character Athlete of the Year

Awarded to the athlete who showed superb athleticism, sportsmanship, and Christian Character throughout the year.

Athlete of the Year

Awarded to the most outstanding two high school (one male, one female) athletes of the year. In accordance with athletic achievement, and sportsmanship.

Semper Fidelis Athlete of the Year

Meaning "Always Faithful"

Awarded to the athlete who showed immense athleticism, great team leadership, amazing team camaraderie, and who was *always faithful* to his/her team no matter what the circumstances. This athlete has steadfast dedication and always puts the team's needs before his/her own.

CIF Team Awards - CIF will honor individuals and teams for successful seasons.

22. Penalties

School Suspension

An athlete who has been suspended during the season cannot participate in any activity until reinstatement.

Ejection from a Contest

A CCS student who engages in any unsportsmanlike behavior leading to an ejection, according to CIF procedures, will be ineligible for the next contest and may suffer further consequence imposed by CCS.

Cornerstone Christian School athletes who fail to observe obligations regarding attendance, sportsmanship, respect for facilities, support for the sports program, or safety may be suspended temporarily or permanently

from the athletic program at the discretion of the Athletic Director in consultation with the principal and coach.

23. Booster Club

Boosters' Club: provides moral and financial support for the athletic programs; made-up of the parents of all CCS athletes as well as other supporters. All parents are encouraged to attend the Booster meetings. All dates and times will be announced accordingly via e-mail and marquee advertising.

Responsibilities:

- Gate and Concession Sales at home contests
- Athletic Tournaments
- Golf Tournament
- CCS Spirit Wear Sale/Student Store
- Advertising Sales
- Program Sales

Parental Obligations

Parents support their athletes by:

- Paying the athletic fee:
 - o High School - \$400 for all sports (football fee is \$500.)
 - o Middle School - \$300 all sports
 - o All sports fees are non-refundable.
- Such fee is due prior to any equipment or uniform is handed out.
Student may not participate in practice until Sport Physical is completed. Student may not participate in games until sport fee is paid for or arrangements are made.
- Volunteering a total of 10 hours at athletic functions for concessions, gate, time clock, chain gang, etc. If you are unable to volunteer your time, you may buy out your hours at a rate of \$15 per hour.
- Parents who are unable to meet the entire athletic fee may discuss banner sales as an alternative with the Athletic Director on a confidential basis.

As a student-athlete of Cornerstone Christian School, I agree to the terms and conditions thereof:

Student-Athlete: _____ Date: _____

As a parent of a student-athlete of Cornerstone Christian School, I agree to the terms and conditions thereof:

Parent: _____ Date: _____

I have read and understand the Parental Obligation section on page 16. I understand my financial obligation to the program.

Parent: _____ Date: _____

